



## CLASS STYLE DESCRIPTIONS

### **Ballet & Pointe**

Ballet is one of the oldest forms of classical dance, based on techniques that have been developed over centuries. Ballet is the technical base for many styles of dance, as many other dance genres are based on ballet technique. Ballet uses music in combination with dance to tell stories. Dancers wishing to take pointe must be approved first by our ballet teacher.

*\*Pointe and pre-pointe dancers must be invited to take the class, and have their ballet skills evaluated before they may take the class.*

### **Jazz**

Jazz dance is a form of dance that originated from Jazz music in the mid 20th century. Jazz dance has a rhythmical quality, and is often accompanied by pop music today. Jazz dance uses strong, clean body movements, including body isolations and contractions. Jazz technique includes many elements of ballet technique.

*Any dancer enrolled in jazz 2,3,4,5 or teen jazz must also be enrolled in at least 1 ballet class.*

### **Tap**

Tap dance is the form of dance where rhythm is created by tapping the heels and toes of a dancer's shoes in various combinations and patterns.

### **Contemporary**

Contemporary is a combination of ballet, modern and jazz techniques. Contemporary dance moves beyond the confines of every dance style, and allows unconventional movement to be explored. Contemporary dance can sometimes look similar to lyrical, with more of a range of creativity in the movement. Lyrical dance is a ballet based technical form of dance that specifically uses the lyrics of the movement to inspire the dancing.

*Any dancer enrolled in contemporary 2,3,4,5 or teen contemporary must also be enrolled in at least 1 ballet class.*

### **Lyrical**

Lyrical dance is a jazz and ballet based technical form of dance that specifically uses the lyrics of the movement to inspire the dancing.

*Any dancer enrolled in lyrical 2,3,4,5 or teen contemporary must also be enrolled in at least 1 ballet class.*

### **Hip Hop**

Hip Hop is a street-dance style usually danced to hip-hop or rap music. Hip hop evolved from hip-hop culture in the late 70's and 80's. Hip hop includes various styles and techniques such as breaking, popping, locking, waaking, gliding to name a few. Improvisation and interpretation are essential to hip hop dancing. It is a high-energy form of dance, and is a great way for non-technical dancers to enjoy dance!

### **Musical Theater**

Musical theater is the dance style specifically done in musical theater shows and productions. The style of dance is very animated, and the class involves basic acting techniques.

### **Turns & Jumps**

This class will focus on jazz, ballet, and contemporary & modern technique and turns & jumps. It supports the training of the technical dancer. The class also focuses on stretching the body to be more flexible for dance and on strengthening exercises specific to dance training.

*Any dancer enrolled in jazz tech 2,3,4,5 must also be enrolled in at least 1 ballet class.*

**Acro**

Teaches & builds acrobatic skills & flexibility used in dance. Ex: Front walkovers, back walkovers, handsprings, aerials, etc.

**Modern**

Modern dance originated as a rebellion against classical ballet. The movement includes parallel lines and use of the body's natural movement, as well as floor work. Modern has no boundaries, and this style of dance centers on a dancer's own interpretation of the movement. There are various modern techniques that were created by the pioneers in the style.

**Ballroom**

This class will focus the fundamentals and essentials of ballroom dancing, but as individual dancers. Ballroom dancing is traditionally a partnership dance where couples, using step-patterns, move rhythmically, expressing the characteristics of music. Dancers will learn these skills individually. The class will focus on various ballroom styles throughout the dance year such as: Cha Cha, Samba, Rumba, Jive, Waltz, and Tango.